


EASE NEWS



ENVIRONMENTAL ANIMAL SANCTUARY AND EDUCATION
THE NEWSLETTER FOR THE FRIENDS OF EASE

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Editorial

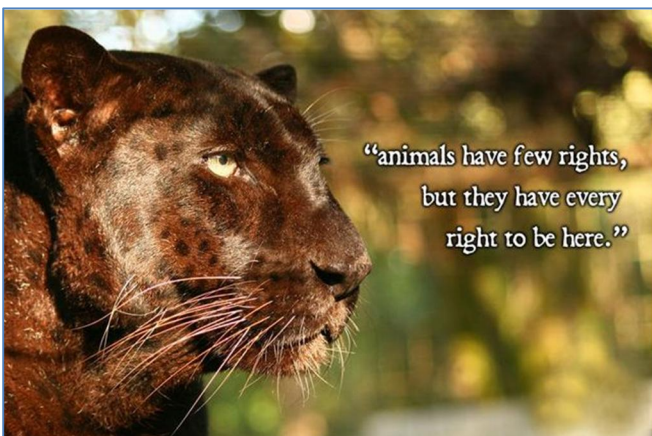
***H**ello everyone, and a happy New Year to you all. This edition contains an article with tips for feeding fussy eaters, and one on taking care of a beloved pet's remains following their passing, as well as interesting news stories regarding animals.*

This issue will be the last newsletter in this current format – after much consideration we have decided to update and replace our newsletters, which have been regularly produced in the same format for the past 20 years (where does the time go?!)

So from now on we shall occasionally send out to EASE Friends an email containing links to new stories, articles or blogs that have been posted onto the EASE website – which we believe will allow for a more reactive means of communication. And if any EASE friends want to submit articles for the website, feel free to contact me at mel@ease-animals.org.uk.

I hope you enjoy the newsletter, and thank you for your continued support.

*MELINDA HILL
EASE PROJECT MANAGER*








Tips for Tails

If you are a pet guardian, the one thing you may have noticed is that cats are just about as different to dogs as you can imagine. One way they are totally different is their approach to food. Cats are incredibly finicky whereas with a dog you can normally throw down the food and it will be gone before you can say the word “kibble”.

Having lived with five cats at one time, all of different ages, and having volunteered at a cat shelter for many years, I have learnt some different ways to ‘encourage’ them to eat, especially things they don’t want to eat, such as vitamins and supplements. Also, as a Tellington TTouch Practitioner, I have come across dogs who due to stress or health issues have to be tempted to eat. Here are a few practical suggestions for either cats or cats and dogs, when changing the type and make of food has been tried and has not worked.

Tips for Eating

-  Warm up the food to room temperature. Cats and some dogs prefer their food warm rather than cold.
-  The smell of food cooking: there is nothing more likely to get the salivary glands working. You can quickly cool it down by putting it in the freezer for 30 seconds.
-  Some cats like different food bowls. Some cats prefer more of a flat plate and others like a curved bowl.
-  For senior cats or dogs, or those with issues such as arthritis, having raised feeding and drinking bowls makes eating and drinking more comfortable.
-  Small amounts: with any animal who has gone off its food or one that you are encouraging to eat, give a small amount of food on the plate. A large

amount can be overwhelming. You can give more as they eat it.

- 🐾 Some cats like two kinds of wet food on their plate or to have wet and dry mixed together, others prefer only one. You have to experiment and see what they like and don't like!
- 🐾 Some cats and dogs, especially old or ill animals, may need you to 'introduce' them to their food by making a connection to it with your hand or finger. So reach down and show them the food, or put your finger in it and swirl it around.
- 🐾 Never leave wet uneaten food down for longer than 45 minutes. It will start to go off. Your pet will soon learn that you do this and it will encourage them to eat it when you give it to them, and it will keep them healthier.
- 🐾 Hand-feeding a dog may sometimes be the only way to encourage a sick or old dog to eat. You have to do what you have to do!

Tips for Giving Medications and Supplements

- 🐾 Slowly and gently stroke your pet and speak to them in soft tones. The contact will calm and soothe them, and move them out of a flight or fight response.
- 🐾 Always give a treat after and sometimes even before giving medications, supplements or anything the dog or cat doesn't like. Animals learn by association and they will start to associate the not-so-nice stuff with the treat.
- 🐾 With cats and some small dogs, crushing a pill in a small amount of water, tuna juice, chicken broth, or something the pet likes and then giving it in a syringe is a good solution, but be mindful not to give too much at one time. Cats have a convenient gap in their teeth on the sides of their mouths, behind the canine teeth and in front of the premolars, which neatly gives room for a syringe to have access.
- 🐾 For most dogs hiding a pill in their food or a 'pill pocket', which is a treat with a hole in it for the pill, is an easy solution. For cats, a wonderful new UK product called 'Lick e Lix' by Webbox can be very helpful in giving supplements and medications to a cat. It is a treat in a yoghurt-like constituency which comes in different flavours such as salmon and chicken. Most cats cannot resist it but some may need further

encouragement. Here are some tips with this and any other mixtures you may come up with.

- (a) Wait until the cat is sitting or lying down; they need to be in their parasympathetic nervous system.
- (b) Have lots of patience and time. Do not have an agenda. "I have to get this done before I go to work." You will need to go at their speed. Sometimes you may need to wait 30 minutes and try again.
- (c) You may have to make a connection with the mixture by putting some on your index finger and waving it under their nose so the smell will entice them to lick it off. If this doesn't work, gently tap a little on their mouth so they have to start eating it.
- (d) Then encourage them to lick it off your finger.
- (e) If this doesn't work start by putting the mixture on a paw. Once they have licked it off put more on the paw, or perhaps on both paws. Now they may start licking it off your finger and then transition to the bowl, or you might have to go back to putting in on their paws. Every cat is different and every time is different.
- (f) Give the cat time to digest. They may look away, get up from a lying to a sitting position, start to walk away or pretend to be distracted but they may be giving their digestive systems time to work.
- (g) Do not speak to them. Leave saying "good boy" or "good girl" until they have finished. It will distract them.

Armed with some of these tips, encouraging your dog or cat to eat food and/or supplements may be successful. Of course, if your cat or dog continues to refuse food for three days there may be an underlying physical problem, so take them to the vet at once.

Deirdre Chitwood is a Certified Tellington TTouch Practitioner for Companion Animals who lives in Florida, USA with her four cats. She volunteers at her local no-kill cat shelter and frequently writes for animal magazines and journals.

www.tendertouch.com

EASE's Pet Bereavement Specialist, Angela Garner, shares a further extract from her book on Pet Bereavement Support, which is due to be published in the Autumn of 2020. The book encourages pet owners to create an end-of-life plan for their pet, if circumstances allow, in which looking at after-death services plays an important part in ensuring everything is done according to one's wishes.

After the loss of a beloved pet Taking care of their remains

While you will no doubt feel distressed at losing a pet who was a valued member of the family, it is important to take a little time to think about how you wish to offer a final service in terms of burial or cremation. Time spent considering this beforehand, perhaps in discussion with all members of the family, can help to prevent regrets later on. Thinking ahead also means you can research what services are available, looking into the different costs and standards, giving you a chance to choose what fits with your particular beliefs and budget.

Having as much as possible sorted about how you will want things to be done when it is finally time to say goodbye brings peace of mind. However, planning ahead isn't always possible, in which case you can ask the vet practice to keep a small pet in their special cool area to give you some time to think through what you want to do. Some people prefer to leave everything in the hands of the vet, while others want to make their own arrangements or employ the services of a private concern. What follows are a few pointers to help you to think about the different options that are available.

Cremation

Communal cremation, where several pets are cremated together, means you cannot have your pet's ashes returned. However, you can ask your vet to arrange an individual cremation. Although it is more expensive, it does mean that you can have the ashes returned to bury in your garden, to scatter in a favourite place you had shared with your pet, or to keep in a casket or special container. Alternatively you can contact a private pet crematorium that offers a similar service and

which may also have a Garden of Remembrance – a peaceful place for you to visit in quiet contemplation and fond memory of your companion animal.

Some pet crematoriums have the facilities to allow owners to view the cremation – this is called a 'witnessed cremation'. The process itself can be lengthy but some people find it reassuring to at least witness their pet's remains being handled with respect as they are placed into the cremation chamber.

It is worth visiting the website of the Association of Private Pet Cemeteries and Crematoria (APPCC), which provides important information and definition of after-death services in the UK. They advise pet owners to look beyond the glossy marketing presentation of private firms and explain how to check that the standard of care delivered matches that which is advertised. They also suggest that you make sure you know how your pet's remains will be handled before agreeing to a collection. For example, the Association says that when more than one pet is collected from each vet practice, the handling becomes very basic. The International Association of Pet Cemeteries and Crematoriums (IAOPCC) is a worldwide not-for-profit organization dedicated to advancing the standards, ethics, and professionalism of pet cemeteries and crematoriums, where details on areas outside of the UK can be checked.

Burial

You can ask your vet for some practical advice on pet burial to find out what is possible and what is legal within your country or state. For example, in the UK, the law only allows people to bury their own pet in grounds which they own (unless there are local by-laws against this), which means that home burial is not possible for those who live in rented or council-owned properties.

The UK legislation about burying equines is more complex and there are different rules for Wales, Scotland and Northern Ireland, where you're required to contact the local agricultural departments. If you want to bury a horse on your own land in England, you will need to contact your local council's animal health office. The burial of a large pet needs to be a minimum distance of 50 metres from any well, borehole or spring supplying water used for human consumption or used in food production, which

includes private water supplies. The council may ask for a map marking the burial place and may have additional requirements.

Health and Safety Issues: Be aware that in some circumstances you may not be allowed to bury a pet for health and safety reasons due to certain medical treatment having been given.

Post-mortem: If your vet advises that a post mortem needs to be carried out, or if this is required by your insurers, you will need to discuss what is involved with your vet, including the cost, and check what options you will have for taking care of your pet's remains as it is generally not possible to bury an animal following a post-mortem. Occasionally an owner will ask for a post-mortem to be done to find out the cause of their beloved pet's death. Post-mortems can reveal why an animal died or was suffering to the point where euthanasia was needed, which can help to bring closure, but this does need to be discussed with the vet beforehand as the procedure is not always conclusive.

There are various websites which advise against pet burial because of concerns about the anaesthetic drug given for euthanasia being a danger to any wild animals or other domestic pets who manage to access the remains. Biohazards are also mentioned, such as communicable diseases or recent radiotherapy. However your vet will be able to advise you whether or not you can bury your pet and where, and once you have the go-ahead the main issue will be to ensure you create a suitable plot which will remain intact for years to come.

It is advisable to prepare a burial site that will allow a metre of soil above your pet's body, and to place some large flat stones, such as paving stones, or a number of rough stones, over the grave to maintain its integrity. Digging a big enough plot is extremely hard work, especially if the ground is hard, made up of heavy soil or is stony, so you may need to organise help to do this. If access allows, a digger will make it much easier if you need to create a sizeable grave on your own land such as a field.

You can wrap your pet's body in a biodegradable blanket or sheet, such as cotton, silk or wool, or you may prefer to obtain a pet coffin. Plastic will prevent the natural breakdown of the body which happens over time so it is best avoided.

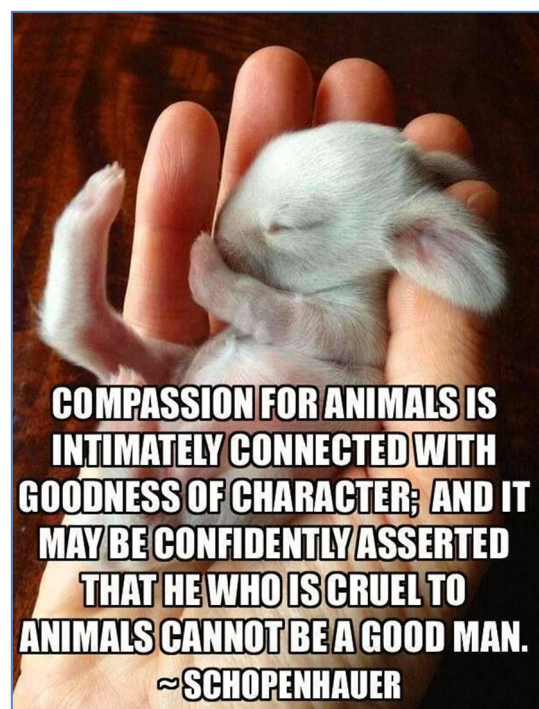
The whole family may wish to be involved in preparing the ground and finding a suitable

stone or plant to mark your pet's final resting place.

One aspect to consider about burying a pet in your garden is how you will feel if and when you move house in the future. Some people find it really difficult when they have to leave behind their beloved pet's grave.

Pet cemeteries are scarcer and more costly than pet crematoriums, but this could be an option if you would prefer your pet to be buried but either do not have your own garden or have insufficient space to accommodate a grave. Your vet's surgery can advise you on the availability and standard of local services. The cost of using a pet cemetery can be significantly greater than cremation or a home burial, and there may be an additional maintenance charge, but the advantages are that the staff will prepare the ground and perform the burial, so you avoid what can be extremely hard manual work. Generally, pet cemeteries are well maintained and offer a peaceful environment to visit your pet's grave in the future, although the distance of the cemetery from where you live will need to be considered.

As mentioned before, it can be incredibly difficult to think about how to take care of the remains of a beloved companion animal, but hopefully these guidelines might offer some easement in this challenging territory.



Animal Companions

Edgardo Zuñiga Juarez, also known as *Edgardo Perros*, is Mexico's benevolent pied piper of pooches.

For the past six years, Edgardo, dubbed the 'Saviour of Dogs', has travelled across his country with a bevy of canines he's nursed back to health from hunger, injury and illness – all on a makeshift buggy. He told photographer Stuart Williams that he's rescued and rehomed nearly 500 furry friends during his 14,000-kilometer journey.

"No one helps dogs living homeless on the road," 49-year-old Edgardo told the photographer. This is where I saw their pain. I was inspired by others who worked for animal rights," he said in a video shot by Williams, "before the laws against animal abuse even existed."



Edgardo started his journey in Bucerias, a small town near Puerto Vallarta on Mexico's central-Pacific coast. From there, he headed north up the coast, then down and back up the Baja peninsula; through Tijuana on the California border; traversed the border with the US; and turned at Reynosa down toward the Yucatan. After passing by Belize and Guatemala, Williams met the rescuer in Oaxaca.

Once Edgardo reaches his goal distance, he and three dogs of his own, who have been by his side since the beginning, will settle down somewhere. His loyal companions, Chilletas, Blanco and Negro,

serve as the group's elder animals, teaching the others to be calmer. He roams with an eclectic pack, Edgardo explained in the eight-minute documentary: Golden-haired Patueleco, for example, suffers from dysplasia and 'swimmers syndrome', meaning he does not have functional knees, "but he lives well," he said. He has travelled a lot in three years with his master.



Once his dogs are rehabilitated, they're also given vaccines and spayed or neutered so that they are adoption-ready, such as the three-legged Sin Pata, who was picked up a year ago at the Guatemalan border, or Kiwi from Chiapas, who had a bad skin condition before Edgardo treated him. Enzo, one of the newest members of the crew, had to have his leg amputated after a local vet determined he had a bone infection. "He was in a terrible state," said the dog whisperer. "A double fracture – one in the shoulder and one in the femur." Once healed, Enzo would begin therapy with the dog healer.

For the pups he couldn't save, he's given them a death with dignity – lying by their side until they passed. "Usually, I just keep them company, until in a natural way, they rest," he said.

Edgardo, who camps outside with these dogs, said he has "the strength to keep going because there are always people that help us," such as vets and animal advocates. He accepts donations via PayPal and also has a Facebook page to allow fans and contributors to follow their journey. "I think that what someone in this situation needs, no matter if a person or animal, is some company and even a little bit of love," said Edgardo. Once this mission is completed, he said he and his three dogs might settle near Mexico City, "a place full of animals and abuse," where he'll make a difference in even more dogs' lives.

He said he will need a lot more help to continue this work, and to change cultural attitudes in favour of the animals and the environment. He added, “I hope the younger generation will continue with this.”



Dogs and Cats

CATS

1. Cats do what they want, when they want.
2. They rarely listen to you.
3. They're totally unpredictable.
4. They whine when unhappy.
5. When you want to play, they want to be left alone.
6. When you want to be alone, they want to play.
7. They expect you to cater to their every whim.
8. They're moody.
9. They leave their hair everywhere.
10. They drive you nuts



Conclusion: Cats are small women in fur coats.

DOGS

1. Dogs lie around all day, sprawled on the most comfortable piece of furniture in the house.
2. They can hear a package of food opening half a block away, but don't hear you when you're in the same room.
3. They can look dumb and lovable all at the same time.
4. They growl when they're not happy.
5. When you want to play, they want to play.
6. When you want to be alone, they want to play.
7. They are great at begging.
8. They will love you for ever if you rub their tummies.
9. They leave their toys everywhere.
10. They do disgusting things with their mouths and then try to give you a kiss.



Conclusion: Dogs are small men in fur coats.



World Watch

Among the countless one-of-a-kind gifts that dogs offer humans is their miraculous sense of smell. Most of us recognize that canines have sharp noses, but the degree to which they're able to detect "odorant molecules" is rather beyond our comprehension.

Dogs possess an extraordinary dimension of their olfactory epithelium (up to 170 cm vs. 10 cm in humans) (the olfactory epithelium is a specialized type of tissue inside the nose). They also possess a huge number of olfactory receptors (over 200 million vs. 5 million in humans). So these very special anatomic features of the canine nose give dogs the ability to detect even minute amounts of a particular odorant — an ability estimated to be one million times more efficient than in humans! In an article for a veterinary publication researcher Ed Kane, PhD, compiled a sampling of fascinating case reports and studies of dogs detecting human cancer:

1989: A 44-year-old woman's Border Collie-Doberman cross continuously sniffed at her left thigh, which was later biopsied, and a malignant melanoma diagnosed.

2001: A 66-year-old man's Labrador Retriever repeatedly sniffed at his leg through his trousers; he was found to have a basal cell carcinoma.

2004: Two dogs, a four-year-old Standard Schnauzer and a six-year-old Golden Retriever, were trained to identify melanoma tissue samples hidden on the skin of healthy volunteers. One of the dogs positively identified samples at first tested negative, but further histologic examination revealed a small number of cancerous cells.

Six dogs of varying breeds and ages were trained to detect the urine of patients with bladder cancer. The dogs correctly determined bladder cancer urine in 41% of the cases.

2006: Researchers used a food-reward system to train five household dogs to identify exhaled breath samples of lung and breast cancer patients, distinguishing them from healthy controls. The sensitivity and specificity were 99%

for lung cancer patients and 88-98% for breast cancer patients; results were remarkably similar across all four stages of disease.

2008: A dog was taught to identify ovarian carcinoma samples consisting of 31 different histopathological types of various grades and stages. In double-blind tests, the dog was capable of correctly identifying all cancer samples with 100% sensitivity and 97.5% specificity, as well as discriminating ovarian carcinomas from other gynaecological carcinomas with 100% sensitivity and 91% specificity.

2010: Two dogs were trained to detect ovarian cancer from normal ovarian tissue and distinguish blood plasma of patients with ovarian carcinomas. Tissue test sensitivity was 100% and specificity 95%; blood plasma sensitivity was 100% and specificity 98%.

2011: A Belgian Malinois was clicker-trained to scent and identify prostate cancer patients from their urine. The dog correctly identified cancer in 31 of 33 patients, with 91% sensitivity and specificity.

A Labrador Retriever was trained to scent-detect colorectal cancer from breath and watery stool samples. Compared with colonoscopy, dogs showed their ability to detect cancer from breath samples at 91% sensitivity and 99% specificity. With stool samples, sensitivity was 97% and specificity 99%. Accuracy was high even for early cancer.

2012: Trained dogs successfully detected lung cancer from human breath with sensitivity of 90% and specificity of 72%.

2015: Two three-year-old explosion-detection German Shepherds were trained to identify human prostate cancer from specific volatile compounds in urine samples from 362 patients with prostate cancer. For the first dog, sensitivity was 100% and specificity 98%; for the second dog, sensitivity was 99% and specificity 98%.

2017: Researchers investigated the feasibility of whether dogs could use olfactory cues to discriminate urine samples from dogs with diagnosed urinary tract transitional cell carcinoma versus control dogs.

Researchers investigated the detection of hepatocellular carcinoma from human breath using canine olfaction. Results showed an accuracy rate of 78%.

The first item in the above list – the 1989 case report – was also the first published account of the ability of canines to detect cancer, and the dog spontaneously sniffed out the disease. It was that first case that planted the seed with scientists that if dogs are able to naturally express the behaviour, they can be trained to offer it on command.

Now formally-trained veterinarians are helping to train cancer detection dogs across the globe – in Costa Rica, Canada, Slovenia, Finland, Norway, the U.K., France, Germany, the Netherlands and Poland.

With what looks to be clear evidence that trained sniffer dogs can be as or in some cases more effective than other cancer-screening methods, the next step is for entrepreneurs and scientists to collaborate to turn scientific results into a commercial service, if feasible.

While dogs that can sniff out cancer tend to grab the headlines, the keen canine sense of smell also has the potential to be helpful in detecting other diseases with characteristic odours, including:

- 🐾 Urinary tract infections
- 🐾 Gastrointestinal (GI) disorders (e.g. gastritis due to a H. pylori infection)
- 🐾 Diabetes
- 🐾 Psychological disorders
- 🐾 Endocrine disorders (e.g. Cushing's syndrome)
- 🐾 Thyroid disorders
- 🐾 Cirrhosis
- 🐾 Candida esophagitis
- 🐾 Sinusitis
- 🐾 Alcohol abuse

So maybe one day in the future while visiting your doctor's office you'll be asked to undergo a full body sniff-scan by a four-legged, fur-covered physician's assistant!





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